

## ABSTRACT

An adjustable steering column having two locating couplings which are arranged opposite one another and have, in each case, two coupling parts able to be brought in contact, a pressure element being arranged between the mutually corresponding, medial coupling parts belonging to different couplings, while the two other outer coupling parts are interconnected by a tension element. A sturdy, cost-effective, functionally reliable retention of the couplings is attained, in that: the pressure element is a torsion spring which, with mutually opposite ends in an expanded state, pushes the medial coupling parts away from each other and in the direction of the appertaining outer coupling parts, while in a compressed state, the distance between the ends is shortened by bending; and engaging between the ends is an actuating device by which, on the one hand, the bending is able to be produced for releasing the coupling, and on the other hand, the coupling of the locating coupling is able to be produced by reducing the bending.